

Counties Manukau Orienteering Club Inc.

**Information booklet 2021.
Event Calendar and Membership Details**

Website

www.cmoc.co.nz

President's Welcome – from incoming President

Welcome to the Counties Manukau Orienteering Club

We hope you all have had an enjoyable start to 2021 and are now looking forward, with fingers crossed, to a great range of orienteering opportunities in the coming year, whatever your level of ability. As many will have seen in Ruth's Christmas newsletter we are asking members, new and old, to register through our website on the ONZ membership database, information on this is provided later in the booklet.

At the AGM in December Andrew Skelton stepped down as President and the role will be shared jointly by Anthony McGivern and Jo Wood, whilst we thank the remainder of the Committee for their commitment to another year in their roles. This group of people are hugely deserving of our thanks for the successful running of both the Club and events held throughout the year. Thanks too, to the numerous club members who contribute to running events and we are always looking to encourage more members to join this team - it can actually be quite enjoyable!

The 2021 event calendar is included but please look out for updates to this information as the year progresses, either on the club website or Facebook page. Planning is well underway for our first Club hosted event at Totara Park on the 28th March, which will also include Mountain Bike Orienteering later in the day. Prior to that our School Sprint series will commence in February.

Keep safe and keep scanning and we hope to see you soon.

From Jo and Anthony

Anthony McGivern

Jo Wood

Joint CMOC Presidents 2021

Presidents Report 2020 - from Outgoing President Andrew Skelton

Counties Manukau Orienteering, President's Report 2020

After an incredibly difficult and challenging year in 2020 for everyone worldwide, we in NZ have been incredibly lucky that there have still been sporting opportunities available for both young and old. It gives me great pleasure to briefly reflect on the year that was for the CMOC community.

I feel privileged to have been able to be involved in some great Orienteering over 2020, and we have hosted several successful events including two significant events on the ONZ calendar. As a club, CMOC have operated at a very high level and events have been enjoyable and challenging to all participants.

After Covid struck with full force, CMOC still went on to host successful events which gained positive feedback from participants and clubs. Running 10 out of 12 events for both the Eastern and Southern secondary school series before the Covid disruption. Unfortunately the AKSS final was unable to be held. There is always great feedback and appreciation from schools, students and parents alike for these ever popular series. The numbers continue to increase and despite losing grant funding for these events we will again run them in 2021.

October and November became a very compressed and busy orienteering event calendar. CMOC ran three major events in four weeks. NISS championships, AKSS Rogaine Championships and the Northern Regional Championships. This was commendable in the pressure time frames and ongoing uncertainty, but once again proved CMOC is a great hands-on club with volunteers and a high level of knowledge and experience.

Fee paying membership in 2020 increased markedly to approximately 400, making us one of the biggest clubs in NZ. .

With complete changes with the leadership of ONZ, our club has liaised with Christo Peters and Pete Swanson on a number of Forum matters throughout the year. The club will continue to have a great working relationship and to assist in implementing evolving ideas and systems to better our sport.

CMOC Members had an amazing 2020 for results. This includes 9 National champions, 20 national medallists and furthermore our club members have featured at the top in several New Zealand Orienteering achievements during 2020.

Of special note for our young upcoming athletes, 4 were named in New Zealand Secondary Schools team. Congratulations to the following club members:

New Zealand Secondary Schools Representatives: Junior Boys - James McGuire, Daniel Wood.
Junior Girls - Kelly McKinnon, Alicia McGivern

New Zealand National Champions & Medallist's

Sprint - Louis Hewitson-Townley 1st, Blake McKinnon 2nd, Bruce Peat 2nd

Middle - Kelly McKinnon 1st, Val Robinson 1st, Blake McKinnon 1st, Wayne Aspin 1st, John Robinson 1st, Patricia Aspin 2nd, Llewellyn McGivern 2nd, Ross Brighthouse 2nd, Alicia McGivern 3rd, Daniel Wood 3rd

Long distance - Patricia Aspin 1st, Val Robinson 1st, Wayne Aspin 1st, John Robinson 1st, Blake McKinnon 2nd, Greta Knarston 3rd

New Zealand Mountain Bike Orienteer of the year: Georgia Skelton - for her 3 podiums at the Junior world MTBO champs over the last two years

I would like to take the opportunity to acknowledge some special club members that do a tremendous amount of work for the club year in and year out. Without the continuous contribution of these people the CMOC would struggle to be as active and regarded as it is.

- Val Robinson for her super coordination of all events and incredible way with our young members.
- Ruth Farmer for her accurate, timely and always on point administration (the luckiest club in NZ to have Ruth)
- Lyndsey Shuker for managing all our storage and equipment event set ups, without this we would be truly lost
- John Robinson, Brian Long and Unni Lewis for their continued gold star efforts running events from school series to summer series to everything in-between

To the Committee, thank you for all your hard work and dedication throughout a successful 2020. We are a small team (as Christo Peters said) who all chip in and make things happen. I am very proud and appreciative of the team's willingness to always lend a hand and keep this club family going so well.

Thank you to all club members who constantly contribute and help when needed.

For me the end of 2020 brought change. I decided to step down from my role as President but remain as part of the 2021 CMOC Committee. My decision is based purely on ever increasing work commitments, combined with 2 sets of elderly parents who's health has declined. My wife's dad has advanced dementia putting additional responsibility on us as we live close by. I absolutely love the sport of orienteering and the CMOC club environment so plan to remain involved with the Club in the best way possible.

Thank you for the special friendships I've made and the enjoyment within our hardworking team.

All the best to the new joint presidents Anthony McGivern and Jo Wood for their year ahead.

Andrew Skelton
Outgoing President 2020
Counties Manukau Orienteering Club

ABOUT CMOC

CMOC is a small, friendly club with a whole range of abilities from walkers to the elite, fast runners.

A challenging year that saw CMOC plan, rearrange (often more than once) and then eventually host major National Events and despite the many challenges and non-events we did achieve much as a club. The Secondary Schools Sprints events were on schedule to be the highest attendance record before they were stopped short by the arrival of Covid in NZ. All the same they were a great success and although our year 13s will move on we still have many new Orienteers coming up through the schools system. To CMOC these students are our clubs future and so we look to engage with and retain their interest in the sport.

Coaching

Coaching and advice is provided at all our events. Special coaching days also take place during the year, all are welcome, and they will be advised by email and on our club website. Make the most of the opportunity to improve your skills.

All our events are suitable for all levels of orienteering skills from beginners to elite.

ORIENTEERING EVENTS

Club events:

White to red courses will be available (easy to harder courses)

Start times are between 10.00am -11.30 with courses closing at 1.30 pm and controls removed from this time. If you are still out on the course, please return to the finish. These events can be held in the forest, parks or on local farms.

Results:

Results from club, national and international events can be found on line at:

[WinSplits Online \(google.com\)](#) and on the *CMOC Website*

These are normally posted during the evening of the event and are available for all to see.

Summer Series:

Everyone is welcome at any of the Summer Series venues. Instruction and coaching is available. Start any time from 4.30pm to 6.30pm. Locations and days:

Pukekohe - 9 events - Wednesdays through October, November & December - These events are held around the reserves and parks of Pukekohe

Eastern Zone - provisionally 2 events - Thursdays in November (maybe more)

See our website for all dates and venues

Cost for Summer Series Events and other low-key club events

Adults: \$5.00

Juniors and Students: \$5.00

Family Maximum: \$15.00

SCHOOL EVENTS

For further information on these events (either participating or helping at) contact: John or Val Robinson Ph 09 2386911

Email: johnandval78@gmail.com

Secondary school students have several competitions ranging from after school to Regional, North Island and National Championships. There is also the possibility of international competition against Australia State teams.

The six race secondary school sprint series is held after school using local schools as course venues. This series is open to students from Year 7 to 13. Southern zone events are on Mondays and Eastern zone on Tuesdays, with races from mid-February to the end of March. See CMOC website, the CMOC Calendar or College Sport for more information. Entry for school events is through your school sports coordinator or designated teacher in charge of orienteering.

Primary schools have training sessions provided through their school. Students are encouraged to attend some of the summer series events as training and experience.

Primary and Intermediate schools have zonal competitions in the Counties Manukau region for selected students. The best students are then selected to go through to the Auckland interzone championship. The schools will provide information on these events if your child is selected.

AUCKLAND REGIONAL A SERIES EVENTS (AOS)

A series of 12 races are to be held through the year by the three Auckland clubs - Counties Manukau, Auckland and North West. This AOS Series is open to all club members. Information will be published on our website and individual event information emailed to all club members.

A CMOC shelter and flag will be up at these events where you can meet other runners and leave your things. There will also be a box of CMOC idents available and you are welcome to borrow one for the event

Costs for AOS Events

Club Members	Non-Club Members
Adults: \$20	Adults: \$30
Junior and Students: & Seniors +65 \$10	Juniors and Students & Seniors +65 \$15
Family: \$40	Family: \$60
SPORTident Hire \$3	SPORTident Hire \$3

AOC and NWOC use a pre-entry system that opens a week before their events

OTHER COUNTIES MANUKAU EVENTS

All club events and training days are on our events calendar and on the CMOC website. *Please check our web site for any changes that may occur prior to the event.*

NATIONAL AND REGIONAL CLUB CHAMPIONSHIPS

These are the major events on the national orienteering calendar, and you must be a club member affiliated to the Orienteering NZ to take part. Orienteers come from all over the country to participate in these events and it is an opportunity to pit yourself against some of the best in your grade.

It is necessary to pre-enter, and entry forms are on the organising club's website. Closing dates are normally about 2 weeks prior to an event, although it is sometimes possible to enter later by paying a late entry fee. Start times are pre-determined. They usually take place across long weekends such as Easter, Queens Birthday and Labour Weekend and the events can be held by any of the NZ Clubs.

NB: Check the event page on Orienteering NZ (<https://www.orienteering.org.nz/events/>) for entry details and venues, or ask a senior club member for information. We try to notify all club members once the events open for entry via email so that you are aware it's time to enter.

COURSE DESCRIPTIONS

What do those colours mean?

White Course - No route choice is offered. Doglegs are permitted. M/W -12A, M/W -14B

Courses follow linear features drawn on the map. These are such things as tracks, roads, fences, and streams (these are called handrails). A control site is located at every decision point (for example, a turning point, or a change in the type of linear feature - e.g. from following a track to following a stream). All control markers will be visible from the approach side. Where a course has to deviate from the handrail feature (for example, to cross a forest block), the route **will be marked all the way** until a new handrail feature is reached. The start triangle will be on a linear feature. In forested areas, if no such feature is available, then there will be a taped route all the way from the start triangle to a linear feature (that is, the first control). Compass, if used, is limited to map orientation only.

Yellow Course

Yellow courses are designed to give you limited route choice and limited compass use for rough direction only. Control sites will be on or near (less than 50m) drawn linear man-made or water features, and not at turning points. This gives you the opportunity to follow handrails or to cut across country. Control sites will be visible from the approach side by any reasonable route. In main competitions used for: M/W-14A, M/W-16B, adult C grades.

Orange Course

This course will have route choice with BIG attack points near the control sites and/or catching features less than 100m behind. Control sites can be small point features and the control markers are not necessarily visible from the attack point. Exit from the control should not be the same as the entry (no doglegs permitted). Simple navigation by contours and rough compass with limited pace counting required. Use of a chain of prominent features as "stepping stones" to complete a leg is permitted. In main competitions these courses are used for M/W17-20B and adult B grades.

Red Course

Navigation will be as difficult as possible, using small contour and point features as preferred control sites (no obvious attack points, no handrails etc). Control sites will be placed in areas rich in detail, and before but not close to, a large catching feature. Route choice will be an important element in most legs. No doglegs permitted. In main competitions used for M/W16A grades and above (for both long and short courses) plus elite grades.

International Control Description Symbols

These are standard and universal symbols used to describe control sites all over the world meaning there is no need to know the local language to compete. A copy of these symbols and examples of control site descriptions are available at the caravan at no cost to club members. It also includes frequently used orienteering words like re-entrant, spur, knoll, thicket, etc. Before starting an event always check any terms or symbols that you are unsure of; this vital piece of information may make finding the control a little easier.

GENERAL INFORMATION

What to wear for an event: shorts and t-shirt are fine for a farmland event. In the forest you may want full arm and leg cover to prevent scratches, especially from cutty grass found in some locations. Footwear should be something comfortable to run in. Having a good grip can be important and 'special' orienteering shoes are available - usually for sale at bigger events or online. Special orienteering suits made of lightweight nylon are also available online e.g. at Masport (<http://www.mapsport.co.nz/shoes.html>) and CMOC has its own distinctive orienteering top for purchase. The club subsidises the cost of CMOC orienteering tops for Junior members competing at national and international level. Enquiries about the CMOC tops should be made to the secretary or email info@cmoc.co.nz.

For forest events, and some farmland events, it is wise to have a compass. Ask an experienced orienteer for advice as to which sort to get. Also check out how orienteers attach their clip cards and control descriptions for the run.

For regional and national events a special memory stick (known as Sportidents) is used by each orienteer to record visits to each control. Once the stick is downloaded at the finish, the course time can be calculated and confirmation given the correct controls for the course have been visited. You can hire one of these from the club or purchase your own. Ask at the caravan about this; the club usually has a stock of Sportidents for sale.

Arriving at a CMOC or local event where pre-entry is not required: Get there in good time. Find the information caravan where the day's courses are usually displayed. Decide which course to do then pay for your map at the caravan. Next find the table with the control descriptions (which tell you what feature the control flag will be on). Choose a start time and go to the start several minutes before you are due to start.

Enjoy yourself! Get to know the other members of the club; everyone is happy to offer friendly advice.

Check out www.orienteering.org.nz for more information on orienteering and for details of all events in New Zealand.

HEALTH AND SAFETY POLICY

Counties Manukau Orienteering Club is committed to providing an enjoyable and safe environment to all participants at every orienteering event. All orienteering events contain features that are potential hazards to safety -cliffs, fences, pits, roads and so on. These terrain features are marked on the maps used. Particularly hazardous areas are marked out of bounds. Some hazards may be drawn to your attention on a notice at an event. By participating in the sport, you acknowledge the existence of hazards as a normal part of orienteering and agree to exercise due care.

Club Responsibility:

- Ensure all participants are aware of any significant hazards that they can be expected to encounter while taking part during the event (refer to the Hazard ID form which is displayed on the notice board beside the caravan window)
- Have procedures in place that can be followed in the case of injury and illness (refer Emergency Procedures form displayed in the caravan)
- Have procedures in place that can be followed in the case of a participant becoming lost or missing (refer Search and rescue form displayed in the caravan)
- Ensure that all Organizers and Controllers are aware of the above procedures

Participant's Responsibility:

- Read all notices concerning the special hazards that may be associated with the event
- Obey all instructions and warnings
- Keep clear of any plant or equipment
- Keep clear of any unauthorized areas or farm buildings
- Avoid disturbing livestock and keep away from all work activities
- Not allow children to wander unsupervised
- Carry a whistle -this is for your own safety and that of others you may encounter who need help.
- Notify the organizers of any health problems. eg diabetes, asthma, angina etc
- Be aware of your surroundings and other runners

Landowners Responsibility:

Landowners are not responsible for the natural hazards and risks associated with orienteering and attendant activities.

We are dependent on the goodwill of our landowners for use of their property and land.

Please take your responsibilities as a participant seriously and ensure you only leave your footsteps behind.

COUNTIES MANUKAU ORIENTEERING CLUB INC

Why join us?

1. You become part of a friendly group of people who provide enjoyable physical activity for the community
2. You get all the information needed to take part in all orienteering events in your community and throughout the country.

3. Your secondary school students get an opportunity to go to national orienteering training camps which increase their skills greatly and they meet fellow orienteers from throughout the country. The club pays up to half the students cost of the camp on application.
4. You can take part in any orienteering event run anywhere in New Zealand or overseas. Within New Zealand national policy is that event fees are discounted for those who are members of any O club.
5. You can attend club training weekends or days at no cost.
6. The club will teach you how to set courses, make maps or any other part of orienteering administration that you would like to take part in.
7. When your skills are developed enough you or your children may be selected to represent New Zealand overseas. These teams are Secondary School, World Junior Championships and World Championships. The club helps these team members financially. We have had a lot of members make these teams in the past. One of your family could be next.

KEY CMOC COMMITTEE MEMBERS 2020

Club President	Anthony McGivern Jo Wood	Phone 021 1991800 Phone 021 2933399 Email president@cmoc.co.nz
Club and Membership Secretary	Ruth Farmer	Phone 027 571 9543 Email: info@cmoc.co.nz
Club Treasurer	Rolph Watson	Phone 027 6992495 Email: rolphwatson006@gmail.com
CLM Sport Rep	John Robinson	Phone- 09 2386911 Email: johnandval78@gmail.com
Equipment officers	Bev & Lyndsey Shuker	Phone - 09 2359828 Email: shuker@farmside.co.nz

CMOC ANNUAL SUBSCRIPTIONS 2021

Membership runs from January to December. Membership fees should be paid by the end of March and membership details completed online. To be able to run under CMOC at Nationals membership needs to be paid. At local event membership must be paid for you to be eligible for discounted event fees

Category	Rate
Juniors (under 21 years at end 2021)	\$15
Senior (over 21 years but under 65)	\$30
Family (no more than 2 adults, any number of juniors)	\$50
Student -in full time tertiary education	\$20
Over 65 on 31.12.2021	\$20
Over 65 family	\$35

Membership includes (per household) affiliation to the NZOF (NZ Orienteering Federation). It's important that subs are paid before any championship competition, before representing the club in a relay team or before you compete in any 'AOS' events (if you wish to score points and not be charged a higher entry fee).

PLEASE NOTE THAT FROM 2021 all membership is recorded on line and it is the members responsibility to create their record: We are asking that all members complete and return a membership form on line. This is a new ONZ initiative. ONZ now has an online membership database which saves the CMOC creating and managing its own membership listing through a spreadsheet. We ask that you go and create your log in and personnel record via the site if you have just joined us through the 2020 summer series or if you intend to renew your membership in early 2021 this online membership will need to be completed? As we are first time users you will need to create your account to start with.

If you paid your membership as part of the 2020 Summer Series ***you are not required*** to pay a further membership fee for 2021 but we ask that you still complete the new on line membership form.

Send your subscription cheque to: **Ruth Farmer, 5 Tonkin Place, Buckland, Pukekohe 2677**

Or Pay direct in to our bank account: **Counties Manukau Orienteering club ASB 123052031168000**
- **include reference details on bank payments:** family name and type of subscription - "family sub", "senior sub" "junior sub"

Please Ensure that you Complete the on line Membership Registration Form

LINK to instructions and registration link:

<http://cmoc.co.nz/membership/>

CMOC EVENTS CALENDAR 2021

All events and Club training days are on our events calendar as well as the ONZ website or CMOC website. We endeavour to send out reminders of upcoming events and any changes to event details that we are made aware of but: *Please ensure you check web sites for any changes before you set off to the event.*

Secondary and Intermediate Sprint Championships

South Auckland

Date	Venue
15 th Feb	Wesley College
22 th Feb	Papatoetoe High
1 st March	Pukekohe High
8 th March	Rosehill College
15 th March	Manurewa High
22 nd March	Strathallan AGC

East Auckland

Date	Venue
16 th Feb	Farm Cove Int
23 rd Feb	Mission Heights
2 nd March	Pakuranga College
9 th March	Bucklands Beach Int
16 th March	Howick College
23 rd March	Macleans College

AKSS Sprint Final – Sunday 11th April by invitation

2. Zone Championships - Primary and Intermediate

13 th April	South East Zone	Lloyd Elmore
7 th May	Counties Zone	Botanical Gardens
11 th May	Franklin Zone	Reeves Farm
18 th May	Interzone Final	Cornwall Park

3. AUCKLAND SS Relay Championships

TBC

4. AUCKLAND SS Individual Championships

23rd June Woodhill Forest

5. QB Schools Regional Challenge

Sat 5th June to Mon 7th June Christchurch

6. Auckland SS Rogaine Championships

15th June Totara Park

7. North Island SS Championships (NISS) incl Yr7/8

Thur 29th April – Sprint Palmerston

Fri 30th April – Individual North

Sat 1st May - Relay

8. New Zealand SS Championships (NZSS) incl Yr7/8

Fri 16th July – Sprint Hawkes Bay

Sat 17th July – Individual Hosting

Sun 18th July – Relay

9. New Zealand SS Rogaine Championships – TBC

10. Australian Carnival - 25th Sept to 3rd October to be held in Tasmania

Counties Manukau Orienteering Club Programme for 2020 (CMOC Run Events in Red)

Sat 6 th Mar	AOS 1 (middle)	NWOC
Sun 7 th Mar	AOS 2 (Long)	NWOC
Sat/Sun Mar 13/14 Mar		Katoa Po Night Relay
Sun 21 st Mar	AOS 3	AOC
Sun 28 th Mar	AOS 4	CMOC Totara Park
Fri 2 nd /Mon 5 th April	NZ Club Champs	NWOC
Sat 17 th Apr	CMOC Training day	Waiuku Forest
Sun 18 th Apr	AOS 5	AOC
Sat 24 th /26 th Apr	Southern regional champs	
Sun 16 th May	AOS 6	NWOC
Sun 30 th May	AOS 7	CMOC Waiuku North
Sat 5 th / 7 th June	QB Day	Christchurch
Sun 11 th July	CMOC Training day	TBC
Sun 15 th Aug	AOS 8	AOC
Sun 22 th Aug	AOS 9	CMOC Waiuku South
Sun 29 th Aug	AOS 10	NWOC
Sun 12 th Sept	Auckland Relays	CMOC Bot Gardens
Sun 19 th Sep	AOS 11	AOC
25 th Sep/3 rd Oct	Australian champs	Tasmania
Sun 17 th Oct	AOS 12	NWOC
Sat 23 rd /25 th Oct	Northern Regional Champs	
16 th Dec	CMOC Training day	Waiuku Forest

For further details on CMOC events, including venues, go to <https://www.cmoc.co.nz> or <https://www.orienteering.org.nz/events/> for all events.

All Club run Events start from 10am till 12 noon with Control pick-up from 1.30pm

Orienteering Academy

The academy is designed to create training opportunities leading up to major events. To utilise the skills learnt by our JWOC and WOC members in taking our best orienteers to a new level. To enable us to do this we want to develop a training programme that includes a major training day each month. We also encourage parents and carers of students to develop their own skills and invite you to take part wherever you can.

To receive financial assistance from CMOC to assist you when attending camp and overseas competitions you need to show commitment to the club and our programmes.